PUBLIC PROGRAMS

- Scheduled Recreational Swims
- Adult Lap Swims
- Senior Citizen Programs
- Swimming Lessons (Tots, Preschool, Youth, Adult)
- Water Exercise Programs
- American Red Cross Water Safety Courses
- Specialized Water Sports Training
- Competitive Team Programs

UPCOMING EVENTS

- Sept 23-24 Water Polo Invitational
- Sept 30 Kamiak High School Swimming Invitational
- Oct 27 Annual Haunted Pool, Community Activity Swims
- Oct 28-29 Water Polo Tournament
- Nov3-5 Wash. State Boys High School Water Polo Champs
- Nov 9-11 Washington State Girls Swim/Dive Champs
- Nov 12 Pacific Northwest Swimming Distance & Trials Meet
- Nov 18-19 Masters Swim Meet
- Nov 30-Dec 3 University of Washington Swimming Inv
- Dec 8-10 Pacific Northwest Swimming Championship
- Dec 16 Pacific Northwest Swimming Dequal Meet



Department of Natural Resources and Parks **Weyerhaeuser King County Aquatic Center** 650 SW Campus Drive Federal Way Washignton 98023-8425



Department of Natural Resources and Parks Parks and Recreation Division

Weyerhaeuser King County Aquatic Center

650 SW Campus Drive Federal Way, WA 98023-8425 206-296-4444 TTY Relay: 711

www.metrokc.gov/parks

Recreation Pool

Sept 4 -	Dec.	31,	2006
Seattle	(206)	296	-4444
Tacoma	(253)	927-	-5173

Fall Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Maintenance	Adult/Senior LapSwim	Maintenance	Adult/Senior LapSwim	Maintenance	Special Events	Special Events
Low Impact Exercise	Maintenance	Low Impact Exercise	Maintenance	Low Impact Exercise	and Activities	and Activities
Lessons	Lessons	Lessons	Lessons	Maintenance		
Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	11:30-1:30 Public Swim *	11:30-1:30 Public Swim *
Adult/Senior LapSwim	Adult/Senior LapSwim	Adult/Senior LapSwim	Adult/Senior LapSwim	Adult/Senior LapSwim	1:30- Rentals	1:30- Rentals
Lessons	Lessons	Lessons	Lessons	4:00-7:00 Rentals		1
Public Swim	Public Swim	Public Swim	Public Swim	Public Swim		
	Maintenance Low Impact Exercise Lessons Family Swim ** Adult/Senior Lap Swim Lessons Public Swim	Maintenance Adult/Senior LapSwim Low Impact Exercise Maintenance Lessons Lessons Family Swim Family Swim ** Adult/Senior LapSwim Lessons Lessons Public Swim Public Swim	Maintenance Adult/Senior LapSwim Maintenance Low Impact Exercise Maintenance Low Impact Exercise Lessons Lessons Lessons Family Swim ** Family Swim Family Swim ** Family Swim Exercise Adult/Senior LapSwim Adult/Senior LapSwim Adult/Senior LapSwim Lessons Lessons Lessons Public Swim Public Swim Public Swim	Maintenance Adult/Senior LapSwim Maintenance Adult/Senior LapSwim Low Impact Exercise Maintenance Low Impact Exercise Maintenance Lessons Lessons Lessons Family Swim ** Family Swim Family Swim ** Family Swim Family Swim ** Adult/Senior LapSwim Adult/Senior LapSwim Adult/Senior LapSwim Lessons Lessons Lessons Public Swim Public Swim Public Swim	Maintenance Adult/Senior LapSwim Maintenance Adult/Senior LapSwim Maintenance Low Impact Exercise Maintenance Low Impact Exercise Low Impact Exercise Lessons Lessons Lessons Maintenance Family Swim ** Family Swim Family Swim ** Family Swim Family Swim ** Family Swim Family Swim ** Adult/Senior LapSwim Adult/Senior LapSwim Adult/Senior LapSwim Adult/Senior LapSwim Lessons Lessons Lessons 4:00-7:00 Rentals Public Swim Public Swim Public Swim Public Swim Public Swim	Maintenance Adult/Senior LapSwim Maintenance LapSwim Maintenance LapSwim Maintenance Low Impact Events and Activities Low Impact Exercise Maintenance Low Impact Exercise Low Impact Exercise Low Impact Events and Activities Lessons Lessons Lessons Maintenance It is an intenance Family Swim ** Family Swim ** Family Swim Family Swim ** Family Swim Public Swim Adult/Senior Lap Swim Adult/Senior Lap Swim Adult/Senior Lap Swim Adult/Senior Lap Swim Adult/Senior Lap Swim Adult/Senior Lap Swim Adult/Senior Lap Swim Public Swi

^{*} Children younger than 6 years old must each be accompanied in the water by an adult who stays within arms reach

** During Family Swims, all children must be accompanied in the water by an adult (one adult per three children)

SWIMMING LESSONS

Morning Sessions (1/2 hr, 10:00-11:30am, MW's or TTh's) Evening Lessons (1/2 hr, 4:30-7:30pm, MW's or TTh's)

Monday & Wednesdays Tuesday & Thursdays Sept 11-Oct 11 (10 lessons) Sept 12-Oct 12 (10 lessons)

Oct 17-Nov 16 (9 lessons, no class Nov 9) Oct 16-Nov 15 (10 lessons) Nov 20-Dec 18 (8 lessons, no classes Nov 22) Nov 21-Dec 19 (8 lessons, no classes Nov 23)

CANCELED SWIMS

Sept 2-4, Oct 27: 7:30pm-8:30pm (for Haunted Pool Event), Nov 9 (11:30 on) 10-11, 23-26, Dec 23-25, Dec 30-Jan 1







TELEPHONE RELAY SERVICE: 711



Department of Natural Resources and Parks Parks and Recreation Division

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206-296-4444 TTY Relay: 711 www.metrokc.gov/parks

Fall Schedule **Sept 4 - Dec. 31, 2006** Seattle (206) 296-4444 Tacoma (253) 927-5173

Competition Pool

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am- 8:00	Lap Swim*	LapSwim*	Lap Swim*	LapSwim*	LapSwim*
11:30- 1:30	Lap Swim*	LapSwim*	Lap Swim*	LapSwim*	LapSwim*
4:00- 6:30	Team Training				
6:30- 8:00	Team Training				
8:00- 10:00	Team Training				

^{*} To maximize use of the facility, team workouts are scheduled during some lap swim times. Lanes for lap swimmers may be limited. The competition pool is currently set at 25 yards and ranges in depth from 9 to 10.5 feet. Some lap swims will be in the dive tank which is 25 yards and ranges in depth from 16 to 17.5 feet. Lap swims are for lap swimming only. The starting blocks are closed to lap swimmers. Entries into the water shall be done in a careful, feet-first manner. Circle swimming is required in lanes with 3 or more lap swimmers. Participants may be asked to pass a 25-yard swim test to be allowed to swim in the competition pool or dive tank.

CANCELED	SWIMS:	EVENTS:
Sept 23-24	11:30-1:30	Water Polo Fall Invitational
Sept 30	11:30-1:30	Kamiak High School Swimming Invitational
Oct 28-29	11:30-1:30	Water Polo Tournament
Nov 3	8:00am on	Boy's State High School Water Polo Champs
Nov 4-5	all day	Boy's State High School Water Polo Champs
Nov 9	8:00am on	WIAA/Dairy Farmers Girls State HS Swim/Dive Champs
Nov 10-11	all day	WIAA/Dairy Farmers Girls State HS Swim/Dive Champs
Nov 12	11:30-1:30	Pacific Northwest Swimming Distance & Time Trials Meets
Nov 18-19	11:30-1:30	Masters Swim Meet
Nov 23-26	all day	Thanksgiving Holiday
Nov 30	4:00pm on	University of Washington Husky Invitational
Dec 1-3	all day	University of Washington Husky Invitational
Dec 8	7:00am on	Pacific NW Swimming Championship
Dec 9-10	all day	Pacific NW Swimming Championship
Dec 16	11:30-1:30	Pacific NW Swimming Dequal Meet
Dec 22-25	all day	Christmas Holiday
Dec 30-Jan 1	all day	New Years Holiday



2005 POOL FEES

LESSONS

Swimming lessons for all abilities are available for students year-round from ages 6 months through senior citizens. Pre-tests are held free of charge to determine proper class level placement. Specialty courses are offered including: CPR, First Aid, Lifeguard Training and Water Safety Instructor training. Private and semi-private lessons are offered on a very limited basis. Please call for the class schedule and registration information.

GENERAL ADMISSION (Tax Included)

Recreation Pool:		Competition Pool:	
Rec Pool Family Swim**		Comp Pool Lap Swim \$5.00)
All participants	\$3.25	Sr Citizen (62+) & People w/Disabilities \$3.50)
Public Swim*		-	
Children, Adults & Sr Citizens	\$3.25		
People w/ Disabilities	\$2.50		
Rec Pool Adult & Senior Lap Swim			
Adult	\$5.00	Low Impact Water Exercise (Rec Pool)	
Sr Citizen (62+) & Disabled	\$3.50	Adult \$6.25 - 10-visit Card \$61.5	50
Shower	\$3.25	Sr Citizen (62+) \$4.75 - 10-visit Card \$42.0)()

^{*} Each child younger than 6 yrs old must each be accompanied in the water by an adult

RENTALS

Great for birthday parties, private groups and business meetings. Scheduled during non-program hours.

Rec Pool, 1-25 people	\$100.00/hour	Party Room Rental	\$37.00/hour
Rec Pool, 26-60 people	\$130.00/hour	Lobby Rental	\$89.00/hour
		•	+ staffing & deposits

POOL PASSES

Save money while you swim! Swim at least three times per week to save money. Passes make great gifts.

Туре	3 Months	1 Year
Youth (1 year-17 years)	107.25 + tax	\$312.00+tax
Adult	\$156.75+tax	\$456.00+tax
Family	\$275.00+tax	\$624.00+tax
Senior Citizen (62+)	\$107.50+tax	\$273.00+tax
Disabled	82.50 + tax	\$260.00+tax

GIFTCERTIFICATES

Give the gift of health! Good for any programs.

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^{**} All children must be accompanied in the water by an adult during Family Swims (one adult per three children)